

## Are you a computer buff ?

A-Always

O-Often

S-Sometimes

R-Rarely

N-Never

- ( ) I book tickets for a concert or a show.
- ( ) I chat with friends.
- ( ) I click and double-click with a mouse.
- ( ) I communicate with other computer buffs.
- ( ) I count / calculate with a spreadsheet. (un tableur)
- ( ) I do my homework for my teachers.
- ( ) I download music.
- ( ) I get up early or stay up late to turn on my PC.
- ( ) I go out much and socialize with people.
- ( ) I have problems with my eyes and my back.
- ( ) I have a sense of euphoria when I use a computer.
- ( ) I listen to music.
- ( ) I log on to check my e-mails.
- ( ) I look for information with a search engine. (moteur de recherche)
- ( ) I make copies of my favourite CDs with a CD-burner.
- ( ) I neglect my family and my friends.
- ( ) I play video games.
- ( ) I record and print pictures.
- ( ) I scan pictures with a scanner.
- ( ) I send and receive e-mails.
- ( ) I shop on line.
- ( ) I speak to my computer.
- ( ) I spend time on my personal website.
- ( ) I surf the Internet.
- ( ) I type letters and documents with a word processor.
- ( ) I use a web cam to see friends.
- ( ) I use all the keys on the keyboard.
- ( ) I use different types of software.
- ( ) I watch movies and videos.
- ( ) I write my own programs.

Number of A's

Number of O's

Number of S's

Number of R's

Number of N's

**If you have more A's and O's than R's and N's, it means you suffer from computer addiction.  
See a doctor !**